

I Claim:

1. A portable wrist rest system for attachment to the wrist of an individual for supporting and elevating the wrist of the individual above the work surface when using a computer keyboard and mouse, comprising:

5 a first support member for disposition on the work surface;

a second support member for mounting to the first support member and upon which the wrist of the individual rests;

a wrist strap for insertion between the first and second support members and having flexible wrist portions extending outwardly therefrom for encompassing and
10 attaching to the wrist of the individual;

a pliable covering for enclosing the first and second support members and having opposed slots through which the wrist portions of the wrist strap extend;

the density of the first support member being greater than the density of the second support member; and

15 the height of the first and second support members being sufficient to elevate the wrist above the work surface so that the wrist and hand are brought into alignment when engaged in repetitive and continual activity using a computer keyboard or computer mouse.

2. The portable wrist rest system of claim 1 wherein the dimensions of the first and
20 second support members when attached together include a width of 1 ½ inches, a length of 3 inches and a height of ½ inch.

3. The portable wrist rest system of claim 2 wherein the covering can come in a variety of colors for enhancing the aesthetic appearance of the covering.

4. The portable wrist rest system of claim 3 wherein the second support member is composed of a soft foam material.

5. A portable wrist-resting pad for attachment to the wrist of the individual for supporting and elevating the wrist of the individual above the work surface when using a computer keyboard or computer mouse, comprising:

a first support member for disposition on the work surface;

a second support member mounted on the first support member and upon which the wrist of the individual rests when the individual is engaged in working with the computer keyboard or computer mouse;

a flexible wrist strap inserted between the first and second support members for securement thereto and having opposed wrist portions extending outwardly from the first and second support members for encompassing and attaching to the wrist of the individual;

a pliable covering for enclosing the first and second support members and having opposed slots through which each wrist portion extends;

the density of the first support member being greater than the density of the second support member; and

the height of the first and second support members being sufficient to elevate the wrist above the work surface so that the wrist and hand are brought into alignment for alleviating strain and fatigue to the individual's hand and arm when the individual is engaged in work activity with the computer keyboard and computer mouse.

6. The portable wrist resting pad of claim 5 wherein the dimensions of the first and second support members when assembled together include a length of 3 inches, a width of 1 ½ inches and a height of ½ inch.

7. The portable wrist resting pad of claim 6 wherein the covering can come in a
5 variety of colors for enhancing the aesthetic appearance of the covering.

8. The portable wrist-resting pad of claim 7 wherein the second support member is composed of a soft foam material.

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